

## Trauma and Toxic Stress Website

Knowledge about the impact of trauma and toxic stress improves the ability of early childhood providers, parents, and caregivers to build resilience for young children. Trauma is any intense event that threatens our safety or security. Toxic stress results from repeated or prolonged negative experiences. These elements may have lifelong effects on health and development, especially for those with few protective relationships.

The state of Michigan has developed a website that provides information about the effects of trauma and toxic stress and ways to decrease negative outcomes. The website, available at [www.michigan.gov/traumatoxicstress](http://www.michigan.gov/traumatoxicstress), includes:

- Self-learning units
- Webcasts from national and local experts
- Power point presentations
- Research studies (e.g. the ACEs study)
- Practice resources



We urge you to use the website materials for staff and parent education, as well as community awareness. Questions or comments about the website may be sent to Mary Mueller at [muellerm1@michigan.gov](mailto:muellerm1@michigan.gov).